

TriHealth Heart & Vascular Institute
and TriHealth Lifestyles invite you to

Rock Your Red



Wear red on Feb. 3
for Go Red for Women Day
and
Celebrate February Heart Month

Friday, Feb. 3, 11 a.m. to 1 p.m.
Bethesda North and Good Samaritan

Visit tables in the cafeterias to:

- Pick up fun giveaways
- Learn about Heart Health
- Buy a paper heart for \$1 to support the American Heart Association
- Talk to Lifestyles representatives about training
- Register* for TriHealth team for the AHA Heart Mini-Marathon & Walk (Sunday, March 19)



Register for the Heart Mini
at the table Feb. 3 and

- Receive a
free drink
tumbler



- Be entered to win
tickets to *Riverdance*
at Music Hall, *Jagged
Little Pill* at the Aronoff
and more!



* Scan here to register for a
TriHealth team
or visit heartmini.org